

Video Viewing

Comment by a viewer

One is faced with the problem, when participating in video as a viewer, of how to react to it. Actually one is faced with that problem constantly in life, for life itself is an endless series of challenges and response to challenge - the cyclic energy of action and reaction. What happens in the case of video is that we are brought face to face with this reality. I see it happening thus:

According to our conditioning we compulsively react by doing. Video participation however asks of us that we do not respond according to this habitual pattern. There is no room for doing anything. We may not intellectualize because one cannot intellectualize and see simultaneously. Nor are we allowed to escape. Being entertained is the form of escape to which we are most accustomed. Video does not

entertain. - It demands participation — participation not of doing but of being. To really see, one must see with the totality of one's being. This requires sensitivity. It requires that one become the image on the screen.

What happens then is this. When one finds oneself removed from the walls of one's conditioning, one becomes suddenly, for a moment, aware. One sees oneself. The outer screen is the mirror through which one watches oneself watching. And the mind becomes silent, giving way to the total flow of what is taking place. This is meditation. Meditation is nothing more than awareness and the expanded consciousness that comes with it.

But it all must be done without effort. The means is there. Bring only an openness — a willingness to receive. And the voyages will unfold within you.